

NAME: _____ DATE: _____

Open Share Small Group Discussion Worksheet

Sponsor

...a person who lends support to another

Step 4: We made a searching and fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord" Lamentations 3:40

Principle 4: Openly examine and confess my faults to myself, to God, and to someone I trust.

"Happy are the pure in heart" Matthew 5:8

Note to the Newcomer: Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

1. Make a commitment to attend the large group and small group time regularly **2.** Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team. **3.** Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible. **4.** Set a personal goal to become involved in a step study group.

ACCOUNTABILITY AND SPONSORSHIP IS VITAL TO RECOVERY!

(further information on accountability partners and sponsors may be found in the CR Participant's Guide #2)

1. It is Biblical - "Two are better off than one, because together they can work more effectively. If one of them falls down the other can help him up. But if someone is alone..., there is no one to help him...two men can resist an attack that would defeat one man alone." Ecclesiastes 4:9-12 also "As iron sharpens iron, so one man sharpens another." Proverbs 4:9-12
2. It is a Key part of your recovery program.
3. It is the best guard against relapse

ACCOUNTABILITY PARTNERS, ACCOUNTABILITY GROUPS AND SPONSORS:

An accountability partner is someone of the same sex you ask to hold you accountable for certain areas of your recovery or issues, such as meeting attendance, journaling, and so forth. This person can be at the same level of recovery as you are. The main goal of this relationship is to encourage one another. You can even form an accountability group of three or four. The accountability partner/group acts as the "team" whereas the sponsor's role is that of a "coach".

A sponsor is someone who **MUST** be of the same sex as you. Someone that you relate or resonate with what they speak. They are there to discuss in detail things that are too personal or would take too much time in your small group. They are available in times of crisis or potential relapse. Serve as a sounding board, providing an objective point of view. Attempts to model the lifestyle that results from working the steps and principles. A sponsor can resign or be let go.

LARGE GROUP REFLECTION:

Did the lesson or speaker talk about an area I need to reevaluate?

The Lesson or Speaker's Testimony helped me remember that _____.

OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. What does it mean to be accountable to someone? Am I accountable to my small group?
2. Have I asked someone to keep me accountable in a specific area of my life? What area/s?
3. Are there areas of my life that I don't want anyone to know about?
4. What am I willing to do to have a healthy working relationship with a Sponsor?
5. Am I expecting more out of my sponsor than I am willing to put in to the relationship?
6. Have I thought, "I don't need a sponsor, that's for those _____ people".
7. What qualities do I have that would make a good sponsor?

